

I CLAIM:

1. A sports training device adapted for receiving punches and kicks delivered by a user, comprising a body having at least one hitting surface, said hitting surface being sized and shaped so as to receive a punch or kick; and a sound generator carried by said body for generating an audible sound, said generator including a switch carried by said body for causing said generator to generate the sound, said switch having first and second states such that said generator generates the sound when said switch is in its said first condition and said generator does not generate the sound when said switch is in its second condition, and said switch moving from its said second condition to its said first condition in response to the impact.

2. The device of Claim 1, wherein said switch has a threshold for causing said switch to be in its said first condition in response to the impact, said switch including adjusting means for adjusting said threshold, whereby said switch can be set at a desired sensitivity for causing said generator to generate the sound.

3. The device of Claim 2, wherein said switch includes a contact member and a housing, said contact member

being mounted in said housing and being movable relative to said housing between first and second positions, said contact member moving from its said second position to its said first position in response to the impact, said switch being in its said first condition when said contact member is in its said first position, and said switch being in its second condition when said contact member is in its said second position.

4. The device of Claim 3, wherein said switch includes a wire mounted in said housing, said contact member being attached to said wire such that said contact member is being movable between its said first and second positions.

5. The device of Claim 4, wherein said adjusting means includes an adjustment plate mounted in said housing and attached to said wire such that said contact member is movable between its said first and second positions.

6. The device of Claim 5, wherein said adjustment plate is movable along at least one portion of said wire such that said adjustment plate can be set at one of a plurality of locations along said at least one portion of said wire for adjusting said threshold of said switch.

7. The device of Claim 6, wherein said wire extends through said adjustment plate and has first and second opposing ends, said contact member being attached to said first end of said wire, said adjustment plate being movable between said first and second ends of said wire such that said adjustment plate can be set at said one of said plurality of positions between said first and second ends of said wire.

8. The device of Claim 7, wherein said housing has an inner wall, said adjustment plate being sized and shaped so as to engage said inner wall such that a friction fit is formed between said adjustment plate and said inner wall, said adjustment plate being maintained at said one of said plurality of locations by said friction fit.

9. The device of Claim 8, wherein said housing has an elongated shape and has an opening therethrough, said wire, said contact member and said adjustment plate being positioned in said opening, said wire extending through said opening in an axial direction generally parallel to a longitudinal axis of said housing, said adjustment plate being movable in said axial direction.

10. The device of Claim 9, wherein said housing includes a contact area formed on said inner wall, said contact member being in contact with said contact area when said contact member is in its said first position, said contact member being
5 out of contact with said contact area when said contact member is in its said second position, said contact area and said contact member being electrically connected to said generator for causing said generator to generate the sound.

10 11. The device of Claim 10, wherein said generator includes a speaker and a microprocessor unit, said switch being electrically connected said microprocessor unit, and said speaker being electrically connected to said microprocessor unit.

15 12. The device of Claim 9, wherein said body includes an impact-absorbing material therein, said body being sized and shaped so as to be held by a person's hand during training.

20 13. A sports training device adapted for receiving punches and kicks delivered by a user, comprising a body having at least one hitting surface, said hitting surface being sized and shaped so as to receive a punch or kick; a sound generator carried by said body for generating an audible sound; and a switch carried by said body and electrically connected to said

generator for causing said generator to generate the sound in response to an impact created by the punch or kick, said switch including a housing, a wire, which is mounted in said housing, and a contact member, which is mounted in said housing, said
5 contact member being attached to said wire such that said contact member is movable relative to said housing between first and second positions, said contact member being movable from its said second position to its said first position in response to the impact, said switch causing said generator to generate the
10 sound when said contact member in its said first position, and said switch including an adjustment plate mounted in said housing and movable along at least one portion of said wire such that said adjustment plate can be set at one of a plurality of locations along said at least one portion of said wire for
15 adjusting an impact threshold of said switch.

14. The device of Claim 13, wherein said wire extends through said adjustment plate and has first and second opposing ends, said contact member being attached to said first end of
20 said wire, said adjustment plate being movable between said first and second ends of said wire such that said adjustment plate can be set at said one of said plurality of positions between said first and second ends of said wire.

15. The device of Claim 14, wherein said housing has an inner wall, said adjustment plate being sized and shaped so as to engage said inner wall such that a friction fit is formed between said adjustment plate and said inner wall, said
5 adjustment plate being maintained at said one of said plurality of locations by said friction fit.

16. The device of Claim 15, wherein said housing has an elongated shape and has an opening therethrough, said wire,
10 said contact member and said adjustment plate being positioned in said opening, said wire extending through said opening in an axial direction generally parallel to a longitudinal axis of said housing, said adjustment plate being movable in said axial direction.

15
17. The device of Claim 16, wherein said housing includes a contact area formed on said inner wall, said contact member being in contact with said contact area when said contact member is in its said first position, said contact member being
20 out of contact with said contact area when said contact member is in its said second position, said contact area and said contact member being electrically connected to said generator for causing said generator to generate the sound when said contact member is in its said first position.